

The Shy Plant

"Please don't touch me." Just a small touch will make the leaves of the shy plant curl up, as if it were embarrassed. This plant has many names, including sensitive plant, sleepy plant, shame plant, and touch-me-not. It is native to South and Central America, but can also be found in some Asian countries, like Vietnam, Thailand, Indonesia, Malaysia, and Philippines. It is therefore not a stranger to the Vietnamese people.

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These plants, with small, spine-like hooks, often grow wild along the roadside or on wild land. When young, they grow upward, but as they get older, they spread horizontally. When touched, the leaves close, but after about ten minutes, they spread out again to bask in the sun once more. The shy plant has spherical purple flowers, which are pollinated by insects and the wind. Its fruit is only about 2 to 3 millimetres across and grows in clusters. The plant is used to treat many diseases, including arthritis, back pain, and insomnia.

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Where does the shy plant originally come from?

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How long does it take for the shy plant's leaves to open up after closing?

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What diseases is the shy plant used to treat?